

HSS Advocate

Grow, Lead, Inspire...

Otterbein University Alumni News
Department of Health & Sport Sciences Fall 2019



The 1st Annual Run for Your Cause

"Charity 5k Run/Walk" to benefit Otterbein University's Jean A. Rocks-Mizia Endowed Scholarship Fund was a huge success!! Setting a goal of \$25,000, Otterbein's Sport Management's Event Planning class hosted a 5k run/walk and social hour to benefit the scholarship fund this past spring. The scholarship will provide a student, enrolled in Otterbein University's Master of Science in Allied Health program - Healthcare Administration or Exercise Science track, with a financial award based on need. Ultimately, the scholarship is about making a difference for someone. It also keeps Otterbein's commitment to accessibility and affordability for our students. It ensures that Otterbein can compete for the best students and provides a legacy for someone who valued education. The idea for this event was formulated by Dr. Joan Rocks, sister to Jean Rocks Mizia and Chairperson of the Health and Sport Sciences Department, who wanted to both commemorate her sister upon her sudden death from a brain aneurysm and give back to the college community. Jean was a very loving, giving, family and community-oriented individual who would always do for others before thinking of herself. She was also a very successful healthcare administrator, as she served as Vice President for Operations at Allegheny General Hospital in Pittsburgh, PA. The "Run for Your Cause! Charity 5k Run/Walk" took place at McNamara Park, Galena, OH. **Total amount raised this year was \$26,588!!** We will hold this event again in spring 2020 and hope you will be able to join us as we continue to make a difference in the lives of Otterbein students. If you would like to contribute to the Jean A. Rocks-Mizia Endowed Scholarship Fund, you can mail a check to: Otterbein University, Institutional Advancement; c/o Elizabeth Kane, 1 South Grove St. Westerville, OH 43081 Please make check payable to: Otterbein University and on memo line: Jean Rocks Mizia Endowed Scholarship or go online: www.otterbein.edu/give, select "NO" for the Otterbein FUND, designate gift to the Jean A. Rocks Mizia Endowed Scholarship and enter amount.



Message from the Chair

Hello everyone,

I sincerely hope that you all are well, and that you had a fantastic, successful and healthy past year. The 2018-19 academic year was once again full of accomplishments by our students, faculty and staff. Nothing makes all of us smile more than to see our students reach their goals and be so well prepared for the next steps into their professional careers. Many of these accomplishments are listed throughout this newsletter so please take some time to read all that is being achieved!!

We also experienced a sea of change last year as we welcomed a new president, Dr. John Comerford and a new provost, Dr. Wendy Sherman Heckler. Personally I am excited to see this duo be the face and key leaders of our beloved University. I have total faith that together they will position Otterbein and all its programs in a place that will be considered the "Destination University". Our Marketing and Communications Department has also changed leadership and with that there is a new marketing campaign that will broaden and transmit the "Only Otterbein" message across the country! Please check out the new website to see the new messaging.

We look forward in the upcoming year to continuing our high level of involvement on and off campus and also having you involved with us in any fashion you see fit. We are in continued conversations with Institutional Advancement to complete Phase 2 of our building – a biomechanical teaching lab. With the help of Institutional Advancement I am excited to announce that we were able to secure three new endowed scholarships for our students this past year. The Taylor Horn Endowed Scholarship is dedicated to Master of Science in Allied Health students and was distributed this past summer. The Jean A. Rocks Mizia Endowed Scholarship was developed and fully funded this past year and will be distributed next spring. The funding portion for this scholarship came from a Sport Management class project where students developed and ran a very successful 5k race! It was an awesome day. This scholarship also goes to Master of Science in HealthCare Administration students in need. Dr. Cynthia Jackson (former HSS Department Chair and Alumni) and her husband Ken have established an Endowed Scholarship for Allied Health and/or Sport Management transfer students in need. And we have two more endowed scholarships in the works! We are very fortunate to have many friends of the department who will ensure our students have the means to obtain all their goals!

In closing, I would like to sincerely thank you for all you do for us!! We truly would not be where we are today without all the efforts you gave and continue to give to help lay the foundation of excellence to our department!!!

Best, Joan

Congratulations



Adjunct Professor Nadiya Timperman, MS, MPH, RD, LD, received the **Civic Leadership Award** at the Celebration of Service and Leadership this past spring.



Keep In Touch

Kelly Dishun'18 (middle) is a supervisor for Ohio Health at one of their corporate fitness centers. Sarah Bedell and Tyler Wharton, both class of '19 work with Kelly.

What are you doing post grad? Send your info, photos and other correspondence to otterbeinhss@otterbein.edu or post on social media and tag [@otterbeinhss](https://twitter.com/otterbeinhss), [#onlyotterbein](https://twitter.com/onlyotterbein) and [#mytopcollege](https://twitter.com/mytopcollege)



Master of Science in Allied Health (MSAH)

Academic year 2018-19 was an amazing year for the MSAH program. We completed our seventh year and had the highest enrollment number ever. We had 43 students taking classes during Fall semester and graduated 26 students in May. 2019-20 is on track to look just as good. All our recruitment efforts and alumni, student and community support are paying off.

We continue to have students completing practicum experience in diverse settings and involving our students in community activities. We sponsored a team for the Hunger Heroes Run in September, had students attending ACHE events and our ACHE student Representative, Nicole Aral, received a scholarship to attend the national ACHE conference in Chicago. A high point for the year was being asked to present to the University's Board of Trustees on the success of the MSAH program. Also, we had three MSAH alumni teaching courses in the program in addition to numerous MSAH alumni working with students in the classroom and the community.

There are two new names and faces in MSAH for the upcoming year. This includes Cassie Oberle, our new GA Recruiter (taking over for Shelby Reichle) and John Groeber, our new ACHE student representative. As we continue to work on growing our enrollment and public awareness of the MSAH program, we are evaluating the program curriculum and exploring new elective courses.

We hope you have a great rest of the summer! Please keep us informed of your accomplishments so we can share your successes with the Otterbein Community and the rest of the world.



For More Information on the Master of Science in Allied Health program:

Exercise and Health Science Track
Healthcare Administration Track
Visit us on the web at:
<https://www.otterbein.edu/gradschool/allied-health/>

Otterbein University Alumni Awards

Rising Star Award
Sheronda Whitner '12
(right)

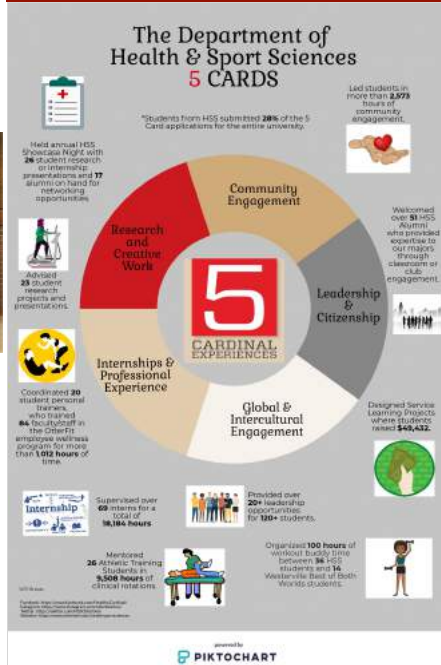


Leadership
& Citizenship
Melica Hampton
'04 (left)

For more information about the alumni awards or to nominate someone for an award please visit:
<https://www.otterbein.edu/alumni/alumni-awards/>

Nutrition Challenge

Nadiya Timperman's Public Health Education nutrition class participated in a cook-off at the Promise House. Their challenge was to create a recipe using pantry item ingredients, sticking to the budget of a college student, & adhering to USDA dietary guidelines.



A graphic representation of The Department of Health and Sport Science's commitment to *The Five Cardinal Experiences.*

Comings and Goings

Welcome

Dr. Ashley Simons, Assistant Professor Allied Health (near right)

Cassie Oberle, Graduate Assistant for Master of Science in Allied Health (far right)

Megan Imwall, Graduate Assistant for Athletic Training



Farewell

Brandon Bellman '19, Graduate Assistant for Athletic Training

Dr. Jennifer Kowalsky, Part Time Faculty, Epidemiology

Shelby Reichle '19, Graduate Assistant, Master of Science in Allied Health

Charles Goodwin, Head Athletic Trainer (took position in Florida)

Congrats Dean Bob Gatti on your retirement and 41 years of service to Otterbein and being named Emeritus VP & Dean of Student Affairs by the Otterbein Board of Trustees! (July 2019)

Congratulations Becky Fickel Smith '81 on your 41 years on campus as both a student and employee! (September 2018)



Alumni Corner



An impressive contingent of Otterbein alumni attended the activities at the Ohio Parks & Recreation Association conference. MSAH grad student Sophia Cooper, who was in attendance, helped coordinate the group photo.



Congrats to Jess Buschmann Napolitano '09 who was named the 2019 Registered Dietician of the Year at this year's Nationwide Children's Hospital celebration of National Nutrition Month!

Social Media Links:

Please join us on social media for all the latest and greatest news from HSS and Otterbein!

Facebook: <https://www.facebook.com/HealthyCardinal/>

Instagram: <https://www.instagram.com/otterbeinhss/>

Twitter: <https://twitter.com/HSSOtterbein>

Student Award Recipients

The Marilyn E. Day Endowed Award

Awarded annually to a full-time student majoring in the department for excellence in scholarship, leadership and service. 2019 recipients - Hannah Lawrentz, Alyson McAdams, Andrew Cade

Elmer W. "Bud" Yoest '53 Endowed Award

This award is presented to student(s) demonstrating an exceptional commitment to campus leadership and citizenship and preparing for a career in the areas Health, Fitness & Wellness. 2019 recipients - Kaitlin McDougal, Myiah Kelley.

Harold C. Martin '33 Endowed Award

This award is presented to a student who is planning to teach and/or coach. 2019 recipient - Tonia Dunson Dillard

Col. Joseph E. Pizzi Endowed Scholarship

Awarded annually to a student currently enrolled and majoring in Athletic Training. 2019 recipient - Erin A. Taylor, Rachel L. Ferguson



Congrats to Megan Carey, a first-year Athletic Training major and hurdler on the track and field team. She received a three and a half year scholarship valued at over \$128,000 from Army ROTC.

Congrats to Vernon Pack Fellowship recipient Liam Heard. Liam will be working on a project that explores the relationship of soccer and social capital in new Americans. He will partner with CRIS in this project. He is pictured here with his research advisor, Dr. Megan Chawansky.



Congratulations to Allied Health major Andrew Cade and Exercise Science and Health Promotion major Emily Matisko for receiving Honors for their distinction projects.



Public Health Education major Mariah Nevels was chosen as this year's John Ruffin Young Investigator awardee at the Health Disparities Conference in New Orleans. She is pictured in this photo with Dr. Braun.



Congratulations to Sport Management major, Blake Sitch '21. Blake received a scholarship from the Army ROTC for full tuition & fees for his remaining 2.5 yrs, plus books & a monthly stipend.



Congrats to the many HSS students who received awards at the Celebration of Service and Leadership this past spring.

Highlights from 2018-19



SMGT majors attended Sports Law Night with the Columbus Blue Jackets where they heard from "law experts working within the Professional Sports Industry on trending issues across various leagues".

Sport Management major Cayla McNeil and Otterbein Director of Social Justice and Activism, James Prysock '09, presented research on "The Black Student-Athlete Identity in a Private Liberal Arts College Environment" at the Black Student Athlete Summit in Austin, TX.



The generosity of Otterbein donors helped fund these Exercise Science & Health Promotion majors trip to the American College of Sport Medicine Health & Fitness Summit in Chicago.

Congrats to our Otterbein Athletic Training staff and students whose expertise in injury prevention and treatment contributed to keeping our women's soccer team in top condition. The team ultimately won the OAC Championship.



Students in Dr. Braun's Public Health Education classes facilitated a sexual health fair in conjunction with National Health Education week.

Highlights from 2018-19

Otterbein students from Dr. Payne's ATHT 1000, Introduction to Allied Health Professions organized the 4th annual Westerville Hunger Heroes 5k and 1-mile run which was held this past fall. Funds are raised to help end hunger in Westerville where 36% (4,600) of school age children receive free/reduced lunches! Proceeds were donated to ShareBacAPac, a non-profit organization that is part of W.A.R.M. (Westerville Area Resource Ministry), and the Otterbein University Promise House.



The Health Professions Club partnered with the Westerville Area Resource Ministries (W.A.R.M./ShareBacAPac) again in the spring for a service event which included a food drive and a work session to pack backpacks for Westerville city students so they would have weekend meals supplements!

Our Sport Management faculty, students (and Chewbacca) attended the Columbus Business breakfast to help recruit for the return of The Greater Columbus Sports Commission's annual Community Cup. The event returns to Otterbein on Sept 28!



Congratulations to Marriella Briones, Gabriella Caroselli, Rachelle Crisan, Rachel Hetrick, Stephanie Hull, Shirley McCullough, Karissa McGinnis, and Muna Sharif for being inducted into the Otterbein Chapter of Eta Sigma Gamma. They are shown in this photo with current members and advisor Dr. Braun.

Highlights from 2018-19



Otterbein students, faculty & friends attended the International Sports Film Festival of Ohio. The festival was coordinated by our own Dr. Megan Chawansky.



The Ohio Department of Higher Education hosted students from all over the state to a summit on changing campus culture relative to sexual violence. SMGT majors Kait McDougal, Cayla McNeil and Dr. Kristy McCray attended.



Exercise Science & Health Promotion students in Erica Van Dop's class made a site visit to Huntington Bank Fitness Center where manager and Otterbein alumna Kelly Dishun, discussed the components of a successful worksite wellness program.

Public Health Education majors, Dr. Braun and Otterbein alumni Sativa Banks presented research at the annual health disparities conference in New Orleans.



Otterbein Club of Student Athletic Training Students (OCATS) provided medical support at the Columbus Marathon last fall.

Highlights from 2018-19



Darrel Koerber, Deputy Director Franklin County Emergency Management (FCEMHS), spoke to Public Health Education students in Niccole Oocumma's class about the scope of work done by their agency which ensures the safety of the citizens of Franklin County in a variety of crisis situations.

Sport Management major student, Lucas Fox, put his knowledge and skills to work as a volunteer at this year's CFB Playoff Football National Championship Game.



Students from Erica VanDop's class presented a series of Lunch & Learn topics to the campus as a part of their Exercise Science & Health Promotion curriculum.

In HSS we are all about "hand on learning opportunities". Students in Dr. Fischer's Intro to Exercise Testing and Prescription class practiced proper technique for hamstring stretches.



HSS Showcase Night 2019

Another successful HSS Showcase Night is in the books. We loved celebrating the achievements of our students! Thanks to everyone who made the event possible & to those alumni, parents, friends, faculty/staff who attended. Please plan to join for this event us next April 2020 in HSS at 140 N. Center Street, Westerville, Ohio.



Fair Play by Dr. Kristy McCray

Fair Play was developed by Kristy McCray, Ph.D., an Otterbein assistant professor in sport management and a former rape crisis center director. Dr. McCray's program focuses on student-athletes as some research indicates that male student-athletes are more likely to be perpetrators of sexual assaults. Fair Play: Sexual Violence Prevention for Athletes began this fall with student-athletes from the football, women's tennis, women's golf, and softball teams. The program was awarded \$9,447 in funding from the Ohio Department of Higher Education (ODHE) as part of ODHE's Strengthening Partnerships to Change the Campus Culture grant. "Fair Play was created because many athletes are leaders on their campuses and in their communities," said Dr. McCray. "While research shows that some male athletes may be at higher rates for perpetrating sexual assault, we know that the vast majority of athletes are good students who want to help keep their fellow teammates, students, and community members safe. Fair Play teaches athletes to understand sexual assault, consent, and rape culture in sports, and gives them tools and skills to intervene and stop sexual violence before it happens." Otterbein collaborated with the Sexual Assault Response Network of Central Ohio (SARNCO) to administer Fair Play, which was first piloted during the university's 2017-18 winter break. Approximately 65 athletes from women's and men's basketball and wrestling participated in the the first year. Following the pilot program, participants reported having a better understanding of what constitutes consent, that sexual assault can happen to anyone, and how to identify and stop the spread of rape culture. Additionally, students reported increased knowledge and ability to engage in bystander intervention, which is aimed at preventing violence before it happens. Fall 2018 program participants included 50+ players from the Otterbein Cardinals football team and athletes from the women's golf, tennis and softball teams. The student-athletes participated in a step-by-step, 10-hour curriculum that emphasized four key topics: sexual assault, consent and rape culture in sports; healthy sex education; gender and sexuality; and bystander intervention.

